

Let's chat.

chemrefs.mit.edu

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  @MITChemREFS



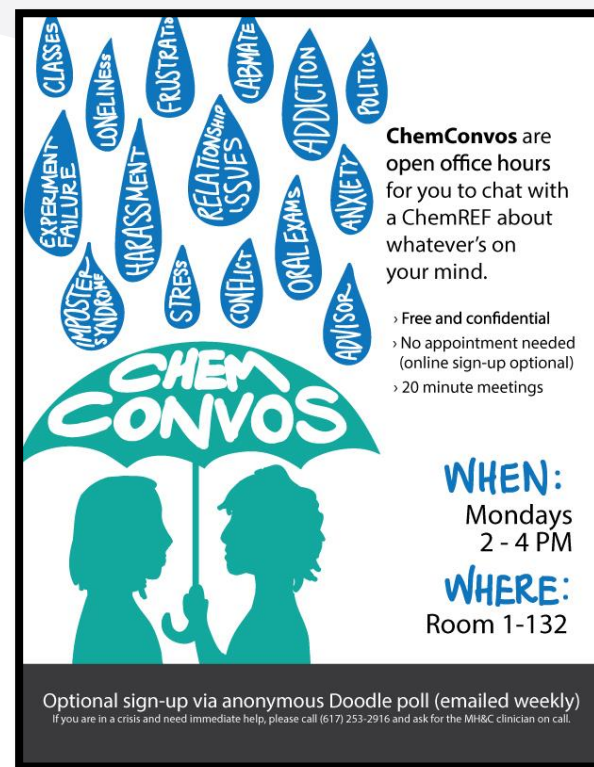
Who are ChemREFS?

- Our mission is to **improve the graduate student experience** in MIT Chemistry by serving as a confidential resource for graduate students, faculty, and staff.
- We are a **student group tasked with reducing friction and stress for chemistry students.**
- We are trained on strategies for identifying and handling conflict.
- We are informed about and experienced with resources on campus that are available to students experiencing conflict.
- 10 graduate students (bio x 1, physical x 2, organic x 4, inorganic x 2)



What do ChemREFS do?

- We raise department-wide issues during our annual meetings with the department head and faculty REFS.
- We meet students one-on-one, and we hold “office hours” through our ChemConvos program.
- We contact students at milestones in the graduate program to offer support—during group selection, oral exams, proposals.
- We host events targeted at minimizing stress. We have co-hosted events with CGSC and we have started working with WIC on a series of events focused on diversity and inclusion in the department.



ChemConvos are open office hours for you to chat with a ChemREF about whatever's on your mind.

- > Free and confidential
- > No appointment needed (online sign-up optional)
- > 20 minute meetings

WHEN:
Mondays
2 - 4 PM

WHERE:
Room 1-132

Optional sign-up via anonymous Doodle poll (emailed weekly)
If you are in a crisis and need immediate help, please call (617) 253-2916 and ask for the MH&C clinician on call.

How to reach us

- Sign up anonymously for a block of time **during our ChemConvos office hours** for a private session.
- **Have a coffee on us!** Contact a chemREFS at any time to chat. All our contact info can be found on our website (chemrefs.mit.edu), or email all of us at chemrefs@mit.edu.
- **Attend our events** and talk to us under a more informal setting with your friends.
- If you receive an email from us offering to chat, please don't hesitate to take us up on it!

What can we talk about?

- Anything! We're here to listen, and we want to hear from you.
- ChemREFS might be a good "first stop" in your conflict management. We can direct you to numerous other campus resources available for graduate students

Visit our new site at chemrefs.mit.edu

